| Teroing 100 Zeroing exercise 5 | STAGE | METER LINE | DRILL | ROUNDS PER ITERATION | TIME | POSITION(S) | ITERATION(S) | TOTAL ROUNDS |
|--|----------|---------------|------------------------|----------------------------|-------|--------------|--------------|-----------------|
| STAGE 1 5 | ZEROING | 100 | ZEROING EXERCISE | 5 | 1 MIN | PRONE | 3 | 15 |
| FAILURE TO STOP 3 5 SEC STANDING 1 3 | | | HEAD SHOT | 1 | 5 SEC | STANDING | 3 | 3 |
| STAGE 2 10 HEAD SHOT 1 5 SEC STANDING 3 3 3 | STAGE 1 | 5 | HAMMER PAIR | 2 | 5 SEC | STANDING | 2 | 4 |
| STAGE 2 10 HAMMER PAIR 2 5 SEC STANDING 2 4 | | | FAILURE TO STOP | 3 | 5 SEC | STANDING | 1 | 3 |
| STAGE 2 10 BOX DRILL 6 5 SEC STANDING 1 6 STAGE 3 10 FAILURE TO STOP HEAD 3 5 SEC STANDING 1 3 STAGE 3 15 PELVIC 1 5 SEC STANDING 2 4 BOX DRILL 6 5 SEC STANDING 1 6 FAILURE TO STOP PELVIC 3 5 SEC STANDING 1 3 STAGE 4 25 CONTROLLED PAIR 2 5 SEC STANDING 3 3 STAGE 4 25 BOX DRILL 6 5 SEC STANDING 1 6 STAGE 5 FAILURE TO STOP PELVIC 3 5 SEC STANDING 1 6 STAGE 5 FAILURE TO STOP PELVIC 3 5 SEC STANDING 1 3 STAGE 5 FAILURE TO STOP PELVIC 3 5 SEC STANDING 1 3 STAGE 5 FWD FWD MOVEMENT 1 6 <td< td=""><td></td><td></td><td>HEAD SHOT</td><td>1</td><td>5 SEC</td><td>STANDING</td><td>3</td><td>3</td></td<> | | | HEAD SHOT | 1 | 5 SEC | STANDING | 3 | 3 |
| BOX DRILL 6 5 SEC STANDING 1 6 | STAGE 2 | 10 | HAMMER PAIR | 2 | 5 SEC | STANDING | 2 | 4 |
| PELVIC | STAGE 2 | | BOX DRILL | 6 | 5 SEC | STANDING | 1 | 6 |
| STAGE 3 15 | | | FAILURE TO STOP HEAD | 3 | 5 SEC | STANDING | 1 | 3 |
| STAGE 3 15 | CTA OF 2 | | PELVIC | 1 | 5 SEC | STANDING | 3 | 3 |
| BOX DRILL 6 5 SEC STANDING 1 6 | | 15 | HAMMER PAIR | 2 | 5 SEC | STANDING | 2 | 4 |
| STAGE 5 FWD MOVEMENT 1 3 3 3 3 3 3 3 3 3 | STAGE 5 | | BOX DRILL | 6 | 5 SEC | STANDING | 1 | 6 |
| STAGE 4 25 CONTROLLED PAIR 2 5 SEC STANDING 2 4 BOX DRILL 6 5 SEC STANDING 1 6 FAILURE TO STOP PELVIC 3 5 SEC STANDING 1 3 STAGE 5 FWD 15-10 BOX DRILL 6 N/A FWD MOVEMENT 1 6 MVMNT 15-10 FAILURE TO STOP PELVIC 3 N/A FWD MOVEMENT 1 3 | | | FAILURE TO STOP PELVIC | 3 | 5 SEC | STANDING | 1 | 3 |
| STAGE 4 25 BOX DRILL 6 5 SEC STANDING 1 6 STAGE 5 FWD 25-15 BOX DRILL 6 N/A FWD MOVEMENT 1 6 MVMNT 15-10 FAILURE TO STOP PELVIC 3 N/A FWD MOVEMENT 1 3 | STAGE 4 | 25 | PELVIC | 1 | 5 SEC | STANDING | 3 | 3 |
| BOX DRILL 6 5 SEC STANDING 1 6 | | | CONTROLLED PAIR | 2 | 5 SEC | STANDING | 2 | 4 |
| STAGE 5 FWD | | | BOX DRILL | 6 | 5 SEC | STANDING | 1 | 6 |
| STAGE 5 FWD 15-10 FAILURE TO STOP PELVIC 3 N/A FWD MOVEMENT 1 3 MVMNT | | | FAILURE TO STOP PELVIC | 3 | 5 SEC | STANDING | 1 | 3 |
| FWD 15-10 FAILURE TO STOP PELVIC 3 N/A FWD MOVEMENT 1 3 MVMNT | FWD | 25-15 | BOX DRILL | 6 | N/A | FWD MOVEMENT | 1 | 6 |
| 10-5 FAILURE TO STOP HEAD 3 N/A FWD MOVEMENT 1 3 | | 15-10 | FAILURE TO STOP PELVIC | 3 | N/A | FWD MOVEMENT | 1 | 3 |
| | | 10-5 | FAILURE TO STOP HEAD | 3 | N/A | FWD MOVEMENT | 1 | 3 |

| | METER | | ROUNDS | | | | TOTAL |
|---------|----------|------------------------|------------------|-------|--------------|--------------|-------|
| STAGE | LINE | DRILL | PER ITERATION | TIME | POSITION(S) | ITERATION(S) | ROUND |
| | | CONTROLLED PAIR | 2 | 5 SEC | STANDING | 2 | 4 |
| STAGE 1 | 25 | BOX DRILL | 6 | 5 SEC | STANDING | 1 | 6 |
| JIAGE I | | FAILURE TO STOP PELVIC | 3 | 5 SEC | STANDING | 1 | 3 |
| | 25-15 | BOX DRILL | 6 | N/A | FWD MOVEMENT | 1 | 6 |
| | | HAMMER PAIR | 2 | 5 SEC | STANDING | 2 | 4 |
| STAGE 2 | 15 | BOX DRILL | 6 | 5 SEC | STANDING | 1 | 6 |
| | | FAILURE TO STOP PELVIC | 3 | 5 SEC | STANDING | 1 | 3 |
| | 15-10 | FAILURE TO STOP | 3 | N/A | FWD MOVEMENT | 1 | 3 |
| STAGE 3 | 10 | HAMMER PAIR | 2 | 5 SEC | STANDING | 2 | 4 |
| | | HEAD SHOT | 1 | 5 SEC | STANDING | 1 | 1 |
| | | BOX DRILL | 6 | 5 SEC | STANDING | 1 | 6 |
| | | FAILURE TO STOP HEAD | 3 | 5 SEC | STANDING | 1 | 3 |
| | 10-5 | FAILURE TO STOP HEAD | 3 | N/A | FWD MOVEMENT | 1 | 3 |
| STAGE 4 | | HAMMER PAIR | 2 | 5 SEC | STANDING | 2 | 4 |
| | 5 | HEAD SHOT | 1 | 5 SEC | STANDING | 1 | 1 |
| | | FAILURE TO STOP HEAD | 3 | 5 SEC | STANDING | 1 | 3 |
| | <u> </u> | | <u> </u> | | | TOTAL | 60 |